

Hubungan Asupan Lemak dan Status Gizi dengan Derajat Hipertensi di Puskesmas Patrang Kabupaten Jember. *The intake of fat and nutrition status of with degrees hypertension at community patrang district jember.*

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ABSTRACT

Hypertension is a a medical condition of an increase of pressure the blood exceeds normal .In general , a person is said to suffers from hypertension if blood pressure systolic / diastolik more than 140 / 90 mmhg , while normal blood pressure is 120 / 80 mmhg the hypertension is strongly influenced by many factors , including the intake fat more and nutrition status .The purpose of this research is to find the relationship between intake fat and nutritional status of by hypertension at puskesmas patrang kabupaten jember .The kind of research used in this research was survey analytic to a draft cross sectional .The sample is the patient hypertension at local clinic Patrang Jember regency from 45 - 60 years. The subject of study were 31 respondents .The data collection was done by interviews structured , food recall to acknowledge the number of intake fat and the questionnaire to know public records and characteristics of respondents and the measurement of weight , height and blood pressure . The analysis was bivariat by test chi-square shows ($p < 0,05$; $\text{sig} = 0,002$) it means there were meaningful relations between relations intake of fat by hypertension because the value of $p < 0,05$ namely 0,002 and intake fat bivariat analysis by test statistics chi-square shows ($p < 0,05 = 0,001$) means , that is a matter which is the relationship between nutrition status by hypertension because the value of $p < 0,05$ namely 0,001.

Keywords: *Hypertension, Intake fat, nutrition status.*